

# The Arrival

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## Ombudsmen Circle

Greetings Families and Shipmates,

Welcome to the Spouse's Deployment Edition of the Ombudsmen Newsletter 2006. As your Ombudsmen Team we provide communication between you the families, the sailors, and the command. We do this via phone, email, and this command newsletter. We hope this edition of The Arrival provides you with beneficial resource information as we prepare for our up-coming deployment. Your Command Ombudsmen are Bonnie, Bunni, Cherie, Dawn, Tasha and Tiashia. We are your USS Enterprise Command Family Ombudsman team and we are ready and willing to help you in anyway we can. First and foremost we are Navy spouses just like you who have volunteered to assist you. We are part of a large network of assistance that is available to all Navy families. An Ombudsman is a command appointed volunteer who has completed Ombudsman Training through the Navy Fleet and Family Service Center. An Ombudsman is trained in confidentiality, communication and listening techniques, crisis, stress and time management skills and numerous other assistance skills. We are the primary link between the command families and the command. Ombudsmen are *not* counselors, doctors, lawyers, childcare or transportation providers. Ombudsmen *are* resource and referral agents who can guide you to the professionals that can provide the assistance you may need. We are also here to listen and send communications to the command when the situation warrants. We are available to assist you during emergency situations, guide you to Navy and community resources, and offer information regarding the command and the local community. Your USS Enterprise Ombudsmen Team is here for you! Current Ombudsman contact information is available on our Careline message at 444-9398 or 888-485-3435, option #3. You can also send us an e-mail at [bigeombudsmen@yahoo.com](mailto:bigeombudsmen@yahoo.com) . We look forward to hearing from you about any questions or concerns you may have during the upcoming months, and throughout the year.

Wishing you a smooth 2006 Deployment,  
Your Ombudsmen Team



## ❖ Pre-Deployment Readiness ❖

### Kids and Deployment

#### School Outreach Educator

#### Fleet and Family Support Center, Little Creek

As members of our Navy and the Big "E" family, we all must endure the challenges of deployment. The arduous hours of preparation, the anticipation of departure, the stress of separation, and the exhilaration of return all take their toll while our Navy and its Sailors fulfill their mission around the world. These challenges also wear on the minds and emotions of our military-connected children and extended family members. Continuous open communications, aggressive strategies to stay connected with a deployed Sailor, and identifying and managing stress in our children are the key factors in making deployments a family enhancing experience and an educational process.

Preparing our families for deployment is as important as the extensive preparation Sailors accomplish to ready themselves and the ship for deployment. **The most important factor in preparing the family, especially children, is open communications. Discussing the deployment with children as often as possible will ease their anxiety, answer their questions, generate new ones, and adequately prepare them for the separation.** An open and honest family dialog regarding deployment will help children understand why a parent must deploy, allows the child's input to family expectations during deployment, and promotes the establishment of goals during extended periods of separation.

Families affected by deployments must also establish strategies to stay connected, continue to share family moments and design healthy methods to count down the days until return. Modern technology allows rapid means of communicating globally. **Email and internet access are great means for quick correspondence and maintain a useful purpose, however postal mail has many benefits for family personal connections. Hand written letters promote children's writing skills, and are a more personal method to share thoughts, ambitions and feelings, while maintaining an emotional, personal connection with their loved one who is away.**

Deployed members should create a regular schedule when they will correspond with their children. Younger children with novice reading skills will enjoy postcards while older children will enjoy hand-written letters. **Children should be encouraged to write, draw pictures, and take pictures or videos to be sent to the deployed Sailor.** The stay at home guardian with two or more children should manage the mailbox to ensure all children receive their favors from the deployed loved one at the same time.

Establishing creative methods to count down the days until return helps the family adjust to the separation and anticipate return. **A blank desktop paper calendar can be used to log each family member's daily events and accomplishments. When each month is completed, pictures can be attached to the perimeter and sent to the deployed Sailor. Paper chains with a link for each day or week can be streamed around the house. As each day or week passes, a link can be detached with writings of the day or week events and sent to the Sailor. M&M's or chocolate kisses in a bowl representing each day of deployment can be consumed daily to remind our children of the deployed Sailor and represent the count down until the Sailor returns.** Be creative, solicit children's input and establish fun ways to count down to homecoming day. Children have creative minds and generate many thoughts and emotions they don't fully understand. This can cause some stress in their daily lives particularly if they focus these thoughts and emotions on their deployed loved one. As a parent or guardian, you are the expert for each of the children in your care. Children normally express their anxiety behaviorally and verbally. Continue to communicate with your children to create a sharing mechanism for their thoughts and emotions. The key is to actively listen and let the children express themselves. You might not agree with them but it is important to let them share with you in a non-judgmental setting.

It is important to inform schoolteachers that a parent or loved one of a military-connected child is or will be deployed. Teachers can be vigilant of behavioral or emotional changes in their students. Teachers can also implement educational processes in Geography, History, Language Arts, and other subjects to enhance learning not only for the affected children but the entire class. Teachers can also correspond with the deployed parent via email to provide updates on the child's academic status and keep them abreast of all the school's events. This process enhances the connection between child and deployed Sailor when separated.

As time passes, return and reunion will start to be a common topic around the house. **Continue to encourage open communications within the entire family. It is important to recognize the halfway point of a deployment. Celebrating this day brings to the forefront that the deployment is half over and the Sailors are starting that trek home.** This celebration can also signify that the family has built strength in enduring the first half of the separation and can pledge to continue this positive growth as a family until the ship returns. Children react differently to homecoming than do adults. Varying levels of excitement and anticipation will be manifested during the final weeks before return. This presents another opportunity to welcome open communications.

As homecoming approaches, the entire family needs to discuss reunion expectations. Who is expected on the pier, will extended family members visit and will the children miss school are some of the many questions that must be agreed upon to make homecoming a pleasurable experience. If children will not attend school during the post deployment leave period, it is vital to inform the school and make preparations to complete all necessary schoolwork and assignments either before or during the absence.

**The Fleet and Family Support Centers of Hampton Roads offer many programs and seminars for family members and family support groups before, during and after deployments. Please view [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil) for information regarding scheduling these helpful programs.**

Deployments are a challenging time for the command, its Sailors and family members. Whether this is your first deployment or you have experienced many deployments, assistance is available to help strengthen families and relationships during this time of separation. Our nation's security depends on our Navy to maintain peak readiness. The families left at home play a key part in mission readiness. Deployments are a necessary reality of being part of the Navy. Actively implementing healthy strategies to establish great communications and find creative, positive ways to count down the days will strengthen families during a time of separation. Developing positive family routines during deployments will build a bond within the family that will enhance the celebration when the entire family will be together again and will continue long after reunion.

## Legal Notes about Wills & Health Care Power of Attorney

**"Wills are recommended for all personnel, but are especially important for ANYONE with dependents."**



A Will is a document detailing the distribution of your "estate" at the time of your death. You can use a Will to pass real estate, personal property, and some financial assets to your loved ones. You may also use a Will to declare guardians for your children and to create trusts for their benefit in the event of your death. **Wills are recommended for all personnel, but are especially important for ANYONE with dependents.** Please Note: Wills do NOT usually impact life insurance payments, SGLI, or certain financial interests including IRA's or Mutual Funds. These assets will pass according to your prior designation of your "beneficiary". **Living Wills/Health Care Powers of Attorney (HCPOA):** Living Wills and HCPOA's are written documents detailing your decisions regarding your own health care in the event of your incapacitation. A Living Will sets down your desires on matters such as resuscitation, organ donation, provision of food and water, and maintenance of life support. A HCPOA appoints an "agent" to act on your behalf in medical matters should you be unable to act on your own. Both are available at local NLSO's under the same general policies as above. Wills & HCPOA are provided by NLSO Norfolk, NLSO Oceana, and NLSO Little Creek on an appointment basis. Some "simple" Will can be provided to walk-in customers. Please call NLSO for additional information: Norfolk/444-5053, Oceana/433-2230, and Little Creek/462-4759. Wills are available for both active duty personnel and their dependents. Normal Will "turn-around" is two weeks.

### ⚙️ Pre-Deployment Readiness ⚙️

## **EMOTIONAL CYCLES OF DEPLOYMENT**

### **Second Phase: Deployment**

Research has demonstrated that there is an identified emotional cycle of deployment – that individual's progress through different emotional stages during a deployment. A wide range of emotions may be experienced and commonly come in stages. Just as we have different emotional reactions to anything that happens in our lives, so too, will we experience this in different ways. Knowing these feelings are normal can help you and your family cope. These stages occur in a universal order; however, a number of causes can trigger setbacks to previous stages. Individual situations and types of deployment can influence the intensity and duration of each stage. In this edition of the newsletter we are focusing on the Second Phase: Deployment and how to cope and prepare our families:

**Deployment Phase- (during the deployment) Feelings in this stage may include :**

⚙️ **Relief** ⚙️ **Anxiety** ⚙️ **Sense of Abandonment** ⚙️ **Enthusiasm** ⚙️ **Pride**

Thoughts associated with these feelings include "Now I can get on with my life!" "He left me...he actually left me!" "What if something happens that I can't handle?" and "I'm handling things so much better than I thought I would!". Reactions during this phase may include a change in schedule (eating and sleeping habits), intense busyness, establishing routine, and being independent.

A roller coaster of mixed emotions is common during the deployment stage. At first, most feel a sense of disorganization and emotional confusion. It is time to take control. Old routines are gone and new ones are soon to be established in the household. Adjustment and acceptance do occur as a family gains confidence in handling day-to-day living. This helps them by increasing self-esteem and personal abilities. This also leads to stabilization over time. Your all doing ok - calm and confident as you each establish new sources of support and new routines. Of course, there may be some anxiety or sadness.

Like anything else in life, deployments and separations can be turned into positive, growing times for all those concerned. When your spouse or parent deploys, you choose how you will cope with the separation. You can choose to get depressed, lonely, and angry; or you can choose to take control of your life. Families can turn the separation into a time of accomplishment and increased self-knowledge. Communicate, communicate, communicate! Discuss your feelings. Establish and maintain a support network. Set short-term and long-term goals. Remember that any self-improvements you make will also help improve your relationship. Get involved in your community. Get a job, volunteer, or join a support group. Take care of yourselves as a family. Get plenty of rest, eat well, exercise, and find some quiet time just for you and your family at home.

Being prepared and following some of the simple tips above can lead to a successful and healthy deployment for both your sailor, and your family. Your families' deployment success is vital to the success of the Navy!

**Contact the Careline for updated Enlisted Family Support Group Meeting dates and to find out more updates during deployments. (757-444-9398 or 1-888-485-3435).**



## UNITED THROUGH READING®

a program of FAMILY LITERACY FOUNDATION

A new quality-of-life program is starting here this deployment to help deployed parents communicate with their children. The United Through Reading Program is designed to boost family morale and ease children's fears about a parent's absence during deployment.

Service Members will be privately video taped reading aloud to their young children at home. The tape along with the book (if provided by the service member) is then mailed back home.

The parent or caregiver at home shows the video tape to the child who can follow along with the book sent by the deployed service member. While the child is watching and listening, the parent or caregiver at home can use a camcorder or camera to record the child's interaction with deployed service member who is reading. The video tape or picture of the child's reaction is then sent back to the deployed service member along with a new book, to complete the full circle and encourage continued participation.

All deployed personnel can utilize this service to read aloud to their children, younger brothers or sisters, grandchildren, or even a child they are mentoring.

We encourage everyone to send their child's favorite books along with their loved ones during deployment and strengthen the lines of communication between parent and child.



### Responses from United Through Reading Participants:

Both of my boys, Stefan and Hunter, loved the tape. My wife, Angela taped the boys watching and interacting with the UTR video I sent them. Hunter, who in First grade at Juniper Elementary School in Escondido, brought the tape to class on "sharing day" and played it. He told them, "this is how my Dad talks to me even while he is on the ship". *SKCS(SW) Peter M.*

My kids lit up when they saw the video. The video that my wife, Amy sent back was great. They were excited to see me (and I was to see them). Christopher, my oldest, is playing T-ball and Amy included some game footage at the end of the United Through Reading tape. Christopher was so proud to be playing ball, and I could tell he was even more proud to know I was watching. It is a great program. If I weren't involved in the program already, I'd be fighting to get in. *ET1(SW) Sean S.*

United Through Reading Program is outstanding! It made me feel things that I can't feel while talking over the phone. I know now that I won't be forgotten and that the time that my daughter can spend with the video will mean the world to her. It will help her go to bed at night to hear daddy's voice and see me say, "I love you". When she can see that I am saying this and that it is not coming from mommy, it sparks a light in her eyes. That is what I saw in the video that was sent back to me. *ET3 Todd M.*

Source: The Lemonier Express, October, 2003; UTRP Representative 2006.





### USS ENTERPRISE ENLISTED FAMILY SUPPORT GROUP

The **USS ENTERPRISE ENLISTED FAMILY SUPPORT GROUPS'** next meeting will be held on Tuesday, May 16 at 7p.m. There will be Guest Speakers, Refreshments, Door Prizes, and Enterprise Merchandise for sale. This is a great way to meet other Enterprise Families! Location: Old Dominion University, Oceanography and Physics Building, Room 200, 4600 Elkhorn Avenue. Norfolk, VA 23529.

**Childcare:** Free Childcare will be provided at the Child Development Center (CDC) off Hampton Blvd. 10 children are needed by the deadline of May 12th or reservation will be lost, please check carline message before the meeting to check the status of childcare. *\*You will need your Child's shot record and while the ship is out you will need a Power of Attorney.* CDC's number is 444-3239 or 444-3379. **Unfortunately, Children are not permitted into meetings, however non walking/non talking infants are welcome.**

Any questions email [EEFSG@military.com](mailto:EEFSG@military.com) or call the careline at 444-9398 or 1-888-485-3435 option 5. Following Meeting Date: June 20<sup>th</sup>

#### **Military Appreciation Edition of Microsoft Office**

Navy Exchanges will be offering a Military Appreciation Edition of Microsoft Office (exact same content as the Standard Edition which sells for \$399.99) for only \$59.99. For the first time ever, NEXCOM buyers have established a partnership program with Microsoft to offer this special price in honor and support of our Sailors, families and eligible patrons of Navy Exchanges. NEX's anticipate a HUGE response to this software once it hits the stores next week. This savings program and potential sales may mean more "Military Only" specials from Microsoft in the future, so spread the word and take advantage of this special offer!!



#### **Child Development Home Program**

Military families can also find certified home child care providers through the Child Development Home program. Providers are certified by the Navy to care for children in their on- or off-base homes. The Navy conducts training, inspections, and background checks. Flexible hours are available, with some care providers offering 24-hour and weekend care. Full-time care subsidies are also available for active-duty families in which the spouse works or is in school full-time and the child is between six weeks and five years old. Call the Regional Resource and Referral Office at 444-3670 or 444-7420 for a listing of CDH providers in your location of choice. <http://www.flagshipnews.com/welcomeaboard/childcare.shtml>

#### **Cheap Gas**

Just enter your zip code in the site below, and it tells you which gas stations have the cheapest prices (and the highest) on gas in your zip code area. Great tip for those traveling vacations prior to deployment! <http://autos.msn.com/everyday/gasstations.aspx?zip=&src=Netx>





## ✱Pre-Deployment Readiness✱ **POWER OF ATTORNEY**

A power of attorney is a legally binding document that permits a service member to name a trusted individual who can act on his/her behalf while he or she is unable to do so. Before obtaining a power of attorney, it is important that you understand the three types of powers of attorney. Consider strongly how much legal latitude you would like the spouse, parent or guardian to possess in your absence. There are three basic powers of attorney:

- General—this enables the trusted individual to make any decision on any aspect of the service member's life.
- Limited or Special—the person specified by the power of attorney can only make decisions in specified areas of the service member's life.
- Medical—enables a caretaker to seek medical assistance for a child under 18 in the event the parent cannot grant that permission. Without this power of attorney, doctors are not allowed to treat a child unless it is an emergency. Instead, they are only permitted to keep the child alive until a parent can be contacted. A medical power of attorney should be kept with the child's medical records.

It is important to review your power of attorney(s) occasionally to update the documents as necessary according to your needs. For more information, please contact your personnel, legal or readiness office.

Source: FFSC Deployment Readiness Planner CD, FFSC,  
October 2005



**The Boys & Girls Club of America** is  
offering FREE after-school and  
summertime services for Navy and Marine  
Corps children. This program runs  
through 31 Dec2006. This is a link to the  
information and locator to find a Boys &  
Girls Club near you.

[http://www.bgca.org/programs/military/mi  
ssion.asp](http://www.bgca.org/programs/military/mi<br/>ssion.asp)

## The Forgotten Policy: Renters' Insurance

By: Dawn , Ombudsmen

Renters insurance covers damage or loss to the property of those who rent an apartment, or a home. Anyone who rents, whether it's from a home owner, a property manager, or while being stationed in military housing should consider purchasing renters insurance.

**You may ask why do I need renters insurance?** While landlords insure the apartment building/or home against damage, their insurance policy does not cover your belongings. Purchasing renters insurance would protect your possessions if they are stolen or destroyed in a fire/or disaster. Remember when you live in an apartment complex with many other tenants, you share the risk of damage--for example, if one unit were to catch fire. Renters insurance can also protect against liability lawsuits or medical bills of guests injured in your home. Landlords may require you to purchase renters insurance, and if so it should be stated in your lease agreement.

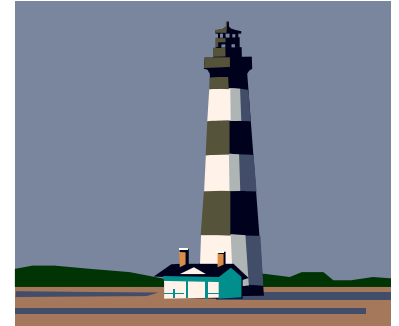
**What kinds of losses to my property does renters insurance cover? This depends on the company from which you purchase your renters insurance. Nevertheless, many companies cover: fires, vandalism, smoke, theft, and even environmental events such as floods. Discuss in detail with your carrier about the kind of policy you think you may need, and the coverage's they offer for your home.**

**What happens when I need to replace my goods due to a loss?** There are two kinds of payouts: actual cash value and replacement cost coverage. **Actual Cash Value:** coverage pays an amount equal to the current cost to replace your items *minus* the depreciated value. While **Replacement Cost Coverage's:** pays you the amount it would cost to replace your lost or damaged property. You only get the money if you replace the items. There is also usually a limit on how much money you receive, but the premiums tend to be higher. Don't forget you will have to pay a **deductible** in the event of a loss. This is the amount you pay for the lost or damaged goods, before the insurance company would begin paying. Typically, the higher the deductible, the cheaper your policy will cost.

**Where do I obtain a renters insurance policy?** Do you research! Policies are offer by hundreds of different companies. Check you bank, or car policy holder to see if they offer a renter's insurance policy. Some institutions will offer duel policy discount to their customers. Once you find your provider and choose a plan that fits your need the next question is simple. **How often do I pay?** You can make monthly payments or pay all at once.

Taking the steps towards a renter's insurance policy will ensure your families, and your sailors' peace of mind during the up-coming deployment.

## Fleet and Family Support Centers Of Assistance to Families



The Fleet and Family Support Centers of Hampton Roads understands that being in the military presents many challenges and obstacles for active duty members and their families. Fleet and Family Support Centers are here to help offer many services, programs, and support outreach at no cost to you. Each support center is also easily accessible by phone, email or just a short drive away from your home. FFSC covers a wide range of services including Spouse Employment Assistance, Relocation and Transition. In addition, they offer workshops in Personal Financial Management and Deployments. FFSC's also understands new stress may occur at any time. They offer therapeutic group, individual, and marriage counseling with licensed, certified counselors. Military life can be a rewarding experience for you and your family. However, just in case a challenging opportunity arises and you need assistance. Fleet and Family Support Centers want you to know they are here for you. That is support you can count on!

<http://www.ffscnorva.navy.mil/>

### Package Sense

**Don't forget to include a note inside your package with contents list, the ships address and your sailors' information in case of problems during shipping.**

**USS ENTERPRISE Mailing Address:**

Rate Last Name , First Name of Sailor

USS ENTERPRISE CVN 65

Dept./Div Box Number

FPO AE 09543-2810

**Thanks to all those for  
your assistance with  
this edition of  
The Arrival.**

**USS ENTERPRISE  
COMMAND**

**USS ENTERPRISE  
RMD Office**

**Alex Ottaviani  
School Outreach  
Educator  
Fleet and Family  
Support Center,  
Little Creek**

**Fleet and Family  
Support Centers**

**Enterprise Enlisted  
Family Support  
Group**



**The Family Day Cruise for April 2nd has been postponed  
until after cruise.** For those of you who have already  
purchased tickets, please have your sailor go through their chain  
of command to get a refund.

## **April Calendar of Fun Family Events**



### **Atlantic Coast Kite Festival**

Saturday, April 22, 2006 April is National Kite Month, and what better way to celebrate the joys of kite flying than at this first-ever event at the Virginia Beach oceanfront! Appropriate for all ages, the Atlantic Coast Kite Festival combines several unique activities into a day-long festival held right on the beach. Featured activities include kite demonstrations and ballets, kite building, and lessons on flying all sorts of kites. Prizes will be awarded for kite building and kite flying skills!

### **INTERNATIONAL CHILDREN'S FESTIVAL**

This unique festival provides an opportunity to experience the diversity as participating countries to showcase their heritages through educational exhibits, entertainment, food, and fun! Attend this exciting festival on April 15 from 10am – 5pm. The festival offers the opportunity for Girl Scouts to complete badge requirements!



### **6TH ANNUAL CLEBRATION OF LIFE FOR ALL PEOPLE POW WOW**

Saturday, April 22, 2006 11 a.m. to 7 p.m.. American Indian dancing, drumming, arts and crafts, story telling, exhibits, demonstrations, and authentic foods for sale are at this great event. **FREE ADMISSION AND PARKING!!!** Last year's event attracted over 5,000! Due to the nature of this event, no pets are permitted.



### **EARTH DAY AT FALSE CAPE STATE PARK**

Admission: **FREE** Sat. 04/22/06, 9AM-3PM Join park staff and volunteers for a day to celebrate "Mother Nature". Volunteers will be helping plant native species throughout the park, beach clean-up and ending with a canoe/kayak paddle along Back Bay. For more information and to sign up please contact the park at 757-426-3657. Space is limited.

**For more information regarding a particular event contact the event  
phone numbers.**

**Source: [www.vbfun.com](http://www.vbfun.com)**

**Saturday,  
April 22, 2006  
17th Street  
Park  
Virginia  
Beach, VA  
(800) 822-  
3224**

**Sat. 04/15/06  
Mill Point  
Park  
2 Eaton  
Street  
Hampton VA  
23669  
Phone: 757-  
727-8311**

**Saturday,  
April 22, 2006  
Red Wing  
Park 1398  
General  
Booth Blvd.  
Virginia  
Beach VA  
23451  
Phone: 757  
427-2990**

**Saturday,  
April 22, 2006  
False Cape  
State Park  
4001  
Sandpiper  
Road  
Virginia  
Beach VA  
23456  
Phone: 757-  
426-3657**

**-Email us at:  
[www.bigenewsletter  
@ yahoo.com](http://www.bigenewsletter@yahoo.com)**

**DO YOU HAVE AN IDEA  
FOR AN ARTICLE YOU  
WOULD LIKE TO SEE IN  
THE NEXT ISSUE, OR IF  
YOU HAVE QUESTION  
YOU WOULD LIKE US TO  
ANSWER IN THE NEXT  
NEWSLETTER. DROP US  
AN EMAIL AT  
[BIGENEWSLETTER@YAHOO  
.COM](mailto:BIGENEWSLETTER@YAHOO.COM)**

**DON'T FORGET YOU CAN  
SIGN-UP FOR THE  
ENTERPRISE ENLISTED  
FAMILY SUPPORT EMAIL  
TREE AT  
[EEFSG@MILITARY.COM](mailto:EEFSG@MILITARY.COM)**